
HELPS BRAIN INJURY SCREENING TOOL

Consumer Information: _____

Agency/Screeners' Information: _____

H Have you ever **Hit** your **Head** or been **Hit** on the **Head**? ☐ Yes ☐ No

Note: Prompt client to think about all incidents that may have occurred at any age, even those that did not seem serious: vehicle accidents, falls, assault, abuse, sports, etc. Screen for domestic violence and child abuse. A TBI can also occur from violent shaking of the head, such as whiplash or being shaken as a child.

E Were you ever seen in the **E**mergency room, hospital, or by a doctor because of an injury to your head? ☐ Yes ☐ No

Note: Many people are seen for treatment. However, there are those who cannot afford treatment, or who do not think they require medical attention.

L Did you ever **L**ose consciousness or experience a period of being dazed and confused?

☐ Yes ☐ No

Note: While significant in helping to determine the extent of the injury, many people with minor brain injury may not lose consciousness, yet still have difficulties as a result of their injury.

P Do you experience any of these **P**roblems in your daily life? ☐ Yes ☐ No

Note: Other problems may include: visual, auditory, sensory impairments, paralysis, weakness of any extremity, balance problems, fatigue, apathy, silliness, impulsivity, mood swings, irritability, decreased self-awareness, decreased ability to learn new information or retrieve old information, shift from one topic to another, set goals or plan tasks, monitor own behavior and difficulty with abstract thinking.

- | | |
|---|--|
| <input type="checkbox"/> headaches | <input type="checkbox"/> difficulty reading, writing, calculating |
| <input type="checkbox"/> dizziness | <input type="checkbox"/> poor problem solving |
| <input type="checkbox"/> anxiety | <input type="checkbox"/> difficulty performing your job/school work |
| <input type="checkbox"/> depression | <input type="checkbox"/> change in relationships with others |
| <input type="checkbox"/> difficulty concentrating | <input type="checkbox"/> poor judgment (being fired from job, arrests, fights) |
| <input type="checkbox"/> difficulty remembering | |

S Any significant **S**icknesses? ☐ Yes ☐ No

Note: Traumatic brain injury implies a physical blow to the head, but acquired brain injury may also be caused by medical conditions, such as: brain tumor, meningitis, stroke, heart attack, seizures, high fever, etc. Also screen for instances of oxygen deprivation such as near drowning or near suffocation.

Scoring the HELPS Screening Tool

For this TBI screening to be considered positive, the following **3** items must be identified:

- 1.)** an event that could have caused a brain injury (yes to H, E **or** S) **and**
- 2.)** a period of loss of consciousness or of being dazed and confused (yes to L) **and**
- 3.)** the presence of **2** or more problems listed under P.

Note: Positive answers to these questions are not sufficient to suggest the presence of a brain injury. It is recommended that positive responses be placed within the context of the person's self-report and documentation of altered behavioral and/or cognitive functioning. This information in along with your judgment can be used as a basis for further inquiry, e.g. referral to a physician, further evaluation, clinical observation, etc.

Refer to the *Instructions for Use of the HELPS Brain Injury Screening Tool* for administration instructions and follow-up.

The original HELPS TBI screening tool was developed by M. Picard, D. Scarisbrick, R. Paluck, 9/91, International Center for the Disabled, TBI-NET, U.S. Department of Education, Rehabilitation Services Administration, Grant #H128A00022. The Helps Tool was updated by project personnel to reflect recent recommendations by the CDC on the diagnosis of TBI. See http://www.cdc.gov/ncipc/pub-res/tbi_toolkit/physicians/mtbi/diagnosis.htm.

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INSTRUCTIONS FOR USE OF THE HELPS BRAIN INJURY SCREENING TOOL

Purpose

Traumatic Brain Injury (TBI) is a common problem. Persons with TBI may have difficulty with or impairments in: memory, judgment, concentration, head pain, organization, task initiation and completion, among other things. Consequently, they *may* be unable to hold a job, live independently, accomplish tasks of daily living. Many persons with TBI might be undiagnosed. In order to evaluate service eligibility and make the appropriate referrals, the source of disability must be identified. The TBI screening tool is a first step towards identifying and properly diagnosing TBI.

Definition of Traumatic Brain Injury

An injury caused by external trauma to the head or violent movement of the head, such as: from a fall, car crash or being shaken. TBI may or may not be combined with loss of consciousness, and open wound or skull fracture.

Who Should be Screened

- A consumer with a known trauma that could have caused a brain injury; OR
- A consumer having difficulties functioning, or exhibiting unexplained behaviors

To order additional copies of the HELPS Screening Tool or these instructions, contact:
Brett Pohlman
(906) 225-7306

Screening Questions:

H Have you ever **Hit** your **Head** or been **Hit** on the **Head**?

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E Were you ever seen in the **Emergency** room, hospital, or by a doctor because of an injury to your head?

Note: Many people are seen for treatment. However, there are those who cannot afford treatment, or who do not think they require medical attention.

L Did you ever **Lose** consciousness or experience a period of being dazed and confused?

Note: While significant in helping to determine the extent of the injury, many people with minor brain injury may not lose consciousness, yet still have difficulties as a result of their injury.

P Do you experience any of these **Problems** in your daily life? Headaches, dizziness, anxiety, depression, difficulty concentrating, difficulty remembering, difficulty reading/writing/calculating, poor problem solving, difficulty performing your job/school work, change in relationships with others, poor judgment (being fired from job, arrests, fights).

Note: Other problems may include: visual, auditory, sensory impairments, paralysis, weakness of any extremity, balance problems, fatigue, apathy, silliness, impulsivity, mood swings, irritability, decreased self-awareness, decreased ability to learn new information or retrieve old information, shift from one topic to another, set goals or plan tasks, monitor own behavior and difficulty with abstract thinking.

S Any significant **Sicknesses**?

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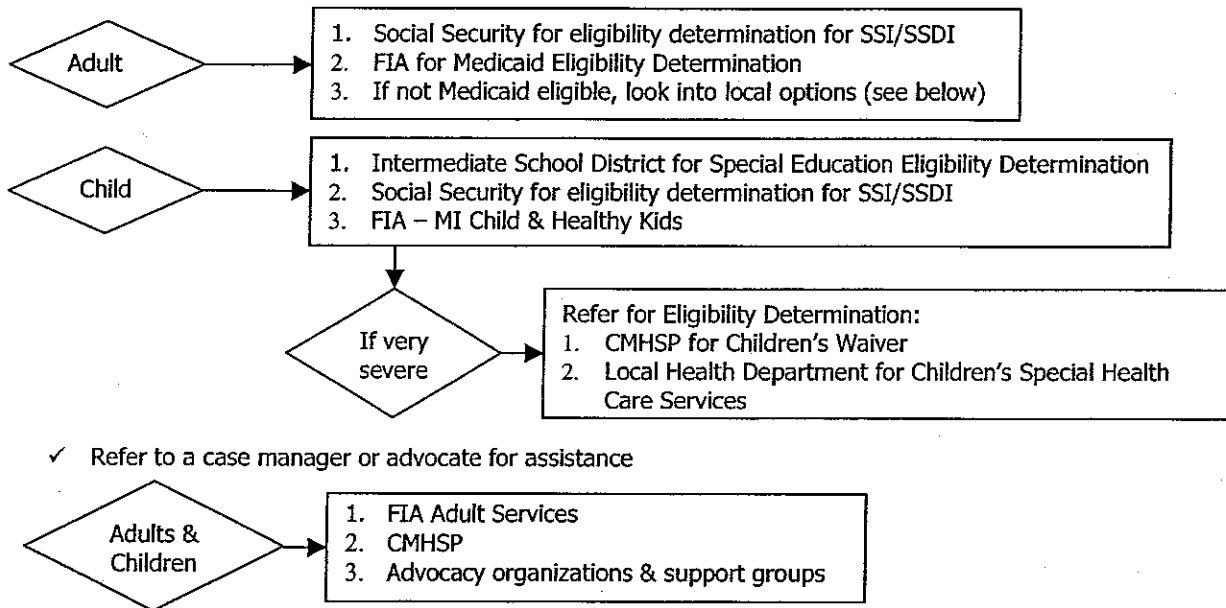
If Screening Leads You to Suspect Traumatic Brain Injury

- ✓ Document reasons for suspecting TBI
- ✓ Refer to a medical provider who can do further evaluation and recommend a neuropsychological evaluation and medical treatment of the TBI

Medicaid will pay for a neuropsychological examination for eligible persons!!

- ✓ Refer for eligibility determination for social services

First, consider private sources of funding: medical insurance, no-fault automobile insurance, etc.!!



Local Resources

- Brain Injury Support Group – Contact Paulette Frame (906) 226-9660
- Medical Access Care Coalition (MACC) – (906) 226-4400 Provides funding for medical services for Marquette residents who are not Medicaid eligible but are low income and have no health insurance.
- Michigan Protection & Advocacy Services – (906) 228-5910
- Michigan Rehabilitation Services (MRS) Michigan Department of Career Development (MDCD) – (906) 226-6578
- Regional Inter Coordinating Committee (RICC) – (906) 228-5744
- Superior Alliance for Independent Living (SAIL) – (906) 228-5744
- Hospitals

Local TBI Care Coordination Committee

Brett Pohlman, Pathways CMHSP
(906) 225-7306
bpohlman@up-Pathways.org

Mark Bomberg, UPCAP, Inc.
(906) 786-4701
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Gordon Pekuri, Delta County FIA
(906) 789-7295
pekuri@delta-county.gov

Michigan Resource Guide for Persons with Traumatic Brain Injury and Their Families

This guide contains information and resources for a wide variety of services a person with TBI might need, including: an overview of TBI, advocacy needs, living and care services and sources of financial support for adults and children. The guide is available at www.michigan.gov. Search for "traumatic brain injury."



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